Appetizers and Mezzes

V= Vegetarian ♥ = Heart Healthy

Calamari 10.95
-Breaded & deep-fried in Canola oil, Parmesan cheese topped, marinara on the side

V **Spanakopita** ***Our secret family recipe!*** 5.95
- Greek classic with spinach and feta wrapped in flakey baked phyllo dough

V **Tyropita** 4.95
- A blend of special cheeses baked in puff pastry

♥V **Hand-Rolled Dolmades** 5.95
- Five tender grape leaves stuffed with rice & herbs

V **Falafel** ***Our own recipe hand-shaped on the premises!*** 5.95
- Five patties, a vegetarian mixture of chickpeas, fava beans, fresh herbs deep-fried and served with tahini sauce

V **Zino's Fries™** - *(Highly Addictive!!) Greek herb-seasoned fries topped with feta cheese accompanied by a homemade spicy dipping sauce* 2.95

♥V **Hummus Dip with Whole Wheat Pita** 4.95
- a puree of chickpeas, tahini, olive oil and garlic

♥V **Baba Ganouj Dip with Whole Wheat Pita**
- Middle Eastern spices with pureed eggplant 5.95

♥V **Tzatziki with Whole Wheat Pita** 5.95
- Traditional Greek cucumber & yogurt dip made with our own yogurt

♥ **Shrimp Saganaki** 10.95
- baked fresh tomatoes & shrimp topped with feta cheese served with garlic bread– Chef Zino's personal favorite!

♥V **Feta Saganaki** 5.95
- baked feta & fresh tomatoes with garlic bread

Savory Soups

Avogolemono Soup cup 2.95 / bowl 4.95
- Homemade goodness brimming with flavor—Greek lemon chicken soup with rice

Soup of the Day cup 2.95 / bowl 4.95
- Ask your server for Chef Zino's fresh special today; whatever we have cooking, it will be delicious!

Fresh Salads

Greek Village Salad **reg. 5.95/ lg. 7.95**
- *Traditional Horiatiki - tomatoes, cucumber, onion, Kalamata olives & Greek Feta cheese with Greek Olive Oil and pita*

Athenian Salad *with Greek Lemon Dressing* **side 3.95/ reg. 6.95/ lg. 8.95**
- *American-style - Romaine, cucumber, red onion, tomatoes, Kalamata olives & Greek Feta cheese served with pita*

add chicken 3.99 ***add shrimp***

4.99

Gyro Salad **8.95**
- *Gyro meat, Romaine, cucumber, red onion, tomatoes, Kalamata olives & Greek Feta cheese served with Greek Lemon Dressing*

Caprese Salad **7.95**
- *Fresh Mozzarella, sliced tomatoes & fresh basil with balsamic vinaigrette*

Tabouli Salad **6.95**

Special Sandwiches

- a side order of Zino's Fries included

Gyros Sandwich **7.95**
- *Generous slices from a slowly cooked rotisserie cone of beef & lamb served with fresh Romaine, tomato and onion on pita with homemade Tzatziki sauce made with our own yogurt - Our most popular sandwich!*

Meatball Sandwich **7.95**
- *Our own special Italian meatballs stuffed into a baguette topped with marinara sauce and Parmesan cheese*

V **Falafel and Hummus Sandwich** **6.95**
- *A delicious high fiber vegetarian sandwich with Romaine, onion, cucumber and tomato with mint tahini sauce on pita bread*

♥ **Chicken Breast Souvlaki Sandwich** **7.95**
- *Our sandwich-sized tender grilled chicken kebob with our secret spicy aioli sauce on a pita*

Zino's Greek Philly Cheese Steak Sandwich **7.95**
- *Sirloin steak with Mediterranean salsa & Provolone cheese on a baguette*

Entrees

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Moussaka with Athenian side salad 13.95
- *Special Greek dish layered with potatoes, eggplant, and ground beef topped with homemade Béchamel cheese sauce… yum!*

Gyros Platter 12.95
- *Rotisserie beef and lamb thinly sliced, served with Zino's Fries™, Athenian side salad & pita*

♥V Small Tour of Greece Vegetarian Combo Plate with Pita 13.95
- *A variety of tempting treats: hummus, dolmades, tzatziki, baba ganoj, falafel, olives & feta cheese*

Greek Sampler Combo 14.95
- *Enjoy several Greek entrée delights when you can't make up your mind– moussaka, pastichio, spanakopita, tyropita, and tzatziki with Athenian side salad*

♥ Tender Grilled Chicken Shish Kebob 12.95
- *served with Athenian side salad and rice pilaf*

Grilled Succulent Lamb Shish Kebob 15.95
- *Prepared with special care on premises, served with Athenian side salad and rice pilaf*

Lamb Osso Buco 17.95
- *Slowly braised lamb shank in a red wine sauce, so tender it falls off the bone served with Athenian side salad and grilled vegetables*

Beef Short Ribs 14.95
- *Tender and juicy, slow roasted to bring our the full flavor, served with an Athenian side salad*

Grilled Atlantic Salmon 14.95
- *Generous fillet served with orzo, spinach, cherry tomato and mushrooms with an Athenian side salad*

Pastichio with Athenian side salad 12.95
- *Greek version of lasagna– long tubular pasta layered with meat, topped with cheesy homemade Mornay sauce*

Spaghetti & Meatballs with Marinara Sauce 10.95
- *fresh homemade meatballs and homemade sauce with garlic bread*

V Ravioli 11.95
- *Homemade pasta hand-stuffed with spinach & ricotta cheese with Alfredo Sauce and garlic bread*

Penne Alfredo with Chicken 11.95
- *Creamy homemade Alfredo sauce with garlic bread*

Extra Pita 1.00 Extra Feta 1.50
Extra Tzatziki Sauce 1.00
Double Gyro Meat 3.99

Kids' Menu

Mac 'n Cheese - 4.50
We make this old-fashioned favorite fresh to order

Jr. Spaghetti - 4.99
Topped with fresh homemade Marinara Sauce
and 3 homemade meatballs

Jr. Chicken Kebob & Fries - 4.99
Delicious grilled chicken breast

Jr. Gyro Pita & Fries - 4.59
Kid-sized portion of sliced gyro meat in a pita, lettuce & tomato
with Tzatziki sauce on the side

Falafel, Fries & Hummus - 4.59
Crunchy, nutritious small bites
with feta and dip

Just Fries - 1.59
Kid's portion - We only use 0% transfat Canola Oil for our fries!

Why the Mediterranean Way of Eating is "It"

New Research Says it Improves Heart Health

(CBS) Traditional Mediterranean cuisine is part of the culture in countries such as Italy, Spain and Greece. It is high in fruits, vegetables and legumes such as beans, peas, nuts, unrefined whole grain foods and olive oil.

The Early Show medical correspondent **Dr. Emily Senay** reports that the research has shown eating the Mediterranean way improves heart health by reducing risk factors for heart disease such as obesity, fat buildup in the arteries, high blood pressure and inflammation.

Olive oil contains healthy unsaturated fat, and ingredients known as phenolic compounds that are thought to have antioxidant properties that protect the body's cells against damage, as well as anti-inflammatory and clot-reducing effects. A new study from Spain in the Journal of the American College Of Cardiology provides more evidence that these compounds are an important part of olive oil's benefits.

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Come taste the Mediterranean —
Where the Customer is King ™

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